

Is this your relationship with alcohol?



FIND IT DIFFICULT TO
PERFORM YOUR JOB

DRINK TOO MUCH
OR TOO OFTEN



ENGAGE IN RISKY
BEHAVIORS

FEEL THAT YOUR
'TOLERANCE' HAS
GONE UP



GET DRUNK ALONE, OR
USE ALCOHOL TO COPE

If one or more of these statements apply
to you, act early and get help.

ownyourlimits.org/check-your-drinking

**OWN YOUR
LIMITS**

SERVE HONORABLY. **DRINK RESPONSIBLY.**

Contact Us: dha.ncr.comm.mbx.drink-responsibly@mail.mil

